

The BCU (UKCC) Level 2 Certificate in Coaching Paddlesport

Candidate Pack – Section 1 Course Guide



BCU Level 2 Course Guide

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British Canoe Union Awarding
The British Canoe Union
18 Market Place
Bingham
Nottingham NG13 8AP
Tel: 0845 370 9503
Email: coaching@bcu.org.uk



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Introduction

Welcome to the BCU Level 2 Coaching Paddlesport course. This guide describes the qualification and everything you need to do in order to achieve the award.

Why choose a BCU Awarding Qualification?

- ⊙ We are the only Awarding Body offering the United Kingdom Coaching Certificate (UKCC) in Paddlesport
- ⊙ Our qualifications give you the hands on knowledge and competence to coach paddlesport activity
- ⊙ The BCU has over 40 years experience running coach training and assessment qualifications
- ⊙ BCU coaching qualifications have been endorsed by the United Kingdom Coaching Certificate, meeting national standards for coaching across sport in the UK.
- ⊙ BCU Awarding will give you support and impartial advice whatever your past experience, skills or specific needs
- ⊙ BCU Coaching Qualifications have been accepted as the industry standard coaching qualifications for over 30 years

BCU Awarding is the Awarding Body recognised and regulated by the Qualifications and Curriculum Authority (QCA) and has been created to offer paddlesport coaching qualifications.

The BCU Awarding mission is to provide qualifications which are relevant and fit for purpose through a quality assured and cost effective qualification awarding service. Our qualifications have been accredited by the QCA and Scottish Qualifications Authority (SQA) against rigorous criteria and have been included in the National Qualifications Framework (NQF). This seal of regulatory approval means that you can have every confidence in the robustness and procedures that underpin the qualifications' design and delivery. The BCU Awarding Customer Services Statement is available to download from www.bcu.org.uk/bcuawarding



BCU Awarding is a division of the British Canoe Union; the National Governing Body for Canoeing in the UK. Proceeds go directly back into the development and advancement of Paddlesport coaching!



The BCU Coaching Pathway

The BCU Coaching Pathway is made up of five levels. These levels reflect the experience and expertise of the coach.

The Level 1 Award is for those new to Paddlesport coaching. The qualification is not discipline specific and therefore suitable to coaches who wish to work with paddlers from any of the competitive and non-competitive Paddlesport disciplines. The Level 1 Coach can plan, deliver and review short coaching sessions, normally with the support of a more qualified Coach. They can work with paddlers at any stage of development; receiving specific training to coach paddlers in their first year of activity and to run taster sessions.

The **Level 2** Coach is able to plan, deliver and review a series of six progressive sessions safely and effectively. Like the Level 1, this non-discipline-specific award is relevant to Coaches who wish to coach any Paddlesport discipline. Level 2 Coaches will work with paddlers predominantly in their first 3 years of paddling activity. The Level 2 Coach is able to offer guidance and support to the Level 1 Coach.

The British Canoe Union offer additional modules for Level 1 and 2 Coaches who wish to coach Canoe Slalom, Freestyle, Racing, Polo, Surf, and Wild Water Racing. Contact the British Canoe Union for further details.

The BCU Coaching Pathway is structured so that coaches can access training and become qualified in a variety of different Paddlesport disciplines. This range of awards helps us to ensure that coaching excellence is available to participants whichever discipline they feel inspired to get involved in.

The **Level 3** Coach is a discipline specialist Coach who is able to plan, implement, and analyse long-term development programmes. This is an appropriate level of coaching for a person to be in charge of Paddlesport activities in a club / centre or as a working professional. From Level 3 onwards, Coaches will specialise in one or more of the disciplines or environments listed below.

- Racing
- Slalom
- Wild Water Racing
- Open Canoeing
- White Water Kayaking
- Sea
- Sheltered Water
- Surf
- Polo
- Freestyle

The **Level 4 and 5** (UKCC) Awards are still under development.



The BCU Level 2 Certificate in Coaching Paddlesport

Introduction

Welcome to the BCU UKCC Level 2 Candidate Pack. This pack provides information and guidance regarding your BCU UKCC Level 2 Certificate in Coaching Paddlesport.

How to use this guide.

This course guide is one of a number of documents which will aid your progression through your Level 2 Training and Level 2 Assessment. **The most important documents are this Course Guide – Section 1, the accompanying Candidate Portfolio - Section 2, and the Candidate Assessment Pack Section – Section 3 (found in the Assessment Portfolio section of the Candidate Pack).** Additionally further information will be available on the Coaching Portal within the Level 2 resource area. These include the BCU Level 2 Award Criteria Information- Section 4 and the Level 2 Support Handbook as optional downloadable documents.

Each section has its own logo to help you locate general information, areas you need to fill out in preparation for assessment and areas that your assessor will need to complete.



You need to read and Study these sections/Documents.



These sections/Documents contain useful supporting information to which you need to pay attention



You need to get to work on these sections/Documents.



These sections/Documents highlight Assessment Tasks



These Sections/Documents highlight areas of evidence gathering required to apply for Certification.



These Sections/Documents highlight useful Coaching tools and Coaching activity.



Section 1 Course Guide

Section 2 Level 2 Candidate Workbook Assessment Tasks

This is where you gather the evidence required to apply for Certification. You are required to provide confirmation (through self-declaration, trainer and assessor verification) that you have:



- ⊙ Achieved the necessary prerequisites
- ⊙ Completed the necessary Coach Training
- ⊙ Completed the necessary Learning and Assessment Tasks

Section 3 Candidate Assessment Pack

**Section 4 BCU UKCC Level 2 Criteria
(Available as an optional download document on the BCU Coaching Portal/Resources/Level 2)**

Section 5 Appendices:

Session planners, evaluation forms and feedback forms
(Available as an optional download document on the BCU Coaching Portal/Resources/Level 2)


Section 6 Responsibilities of a BCU Coach

All BCU UKCC Coaching Qualifications are supported by the **Responsibilities of a BCU UKCC Coach Pack**



Your Candidate Pack is your evidence of completion; you MUST take it with you to your course and make sure the Assessment Tasks 1, 6 & 7 are completed before your assessment.



1. The BCU Level 2 Certificate in Coaching Paddlesport

The Level 2 Certificate in Coaching Paddlesport Award is relevant to potential Coaches from all Paddlesport disciplines including Coaches who might work with competitive and non-competitive paddlers. The award develops the foundation coaching skills taught at Level 1 that will underpin their future coaching behaviours and practice. The training will aim to ensure Coaches develop skills that will benefit any paddler irrespective of what type of boat they are paddling.

This is a generic award and covers all disciplines. Level 2 Coaches will work with paddlers predominantly in the Long Term Paddler Development (LTPD) Foundation Paddlesport Phase.

The **Level 2** Coach is able to work alone, although would normally be supported by more experienced Coaches, delivering sessions safely and effectively. Like the Level 1, this non-discipline specific award is relevant to Coaches who wish to coach any Paddlesport discipline. Level 2 Coaches will work with paddlers predominantly in their first 2-3 years of paddling activity. The Level 2 Coach is able to offer guidance and support to the Level 1 Assistant Coach. The Level 2 Award is offered as either a:

Bank-based Level 2 Coach – an award for Coaches who will work from the waters edge. This would be accessed by individuals who do not have the personal paddling skills to enable them to work from the water.

Or as a;

Boat-based Coach Level 2 – An award for individuals with a degree of personal paddling skills and who intend to coach from a canoe, kayak or the waters edge. To be considered a Boat based Coach you must have a 3 Star Award prior to training.

The Level 2 Remit

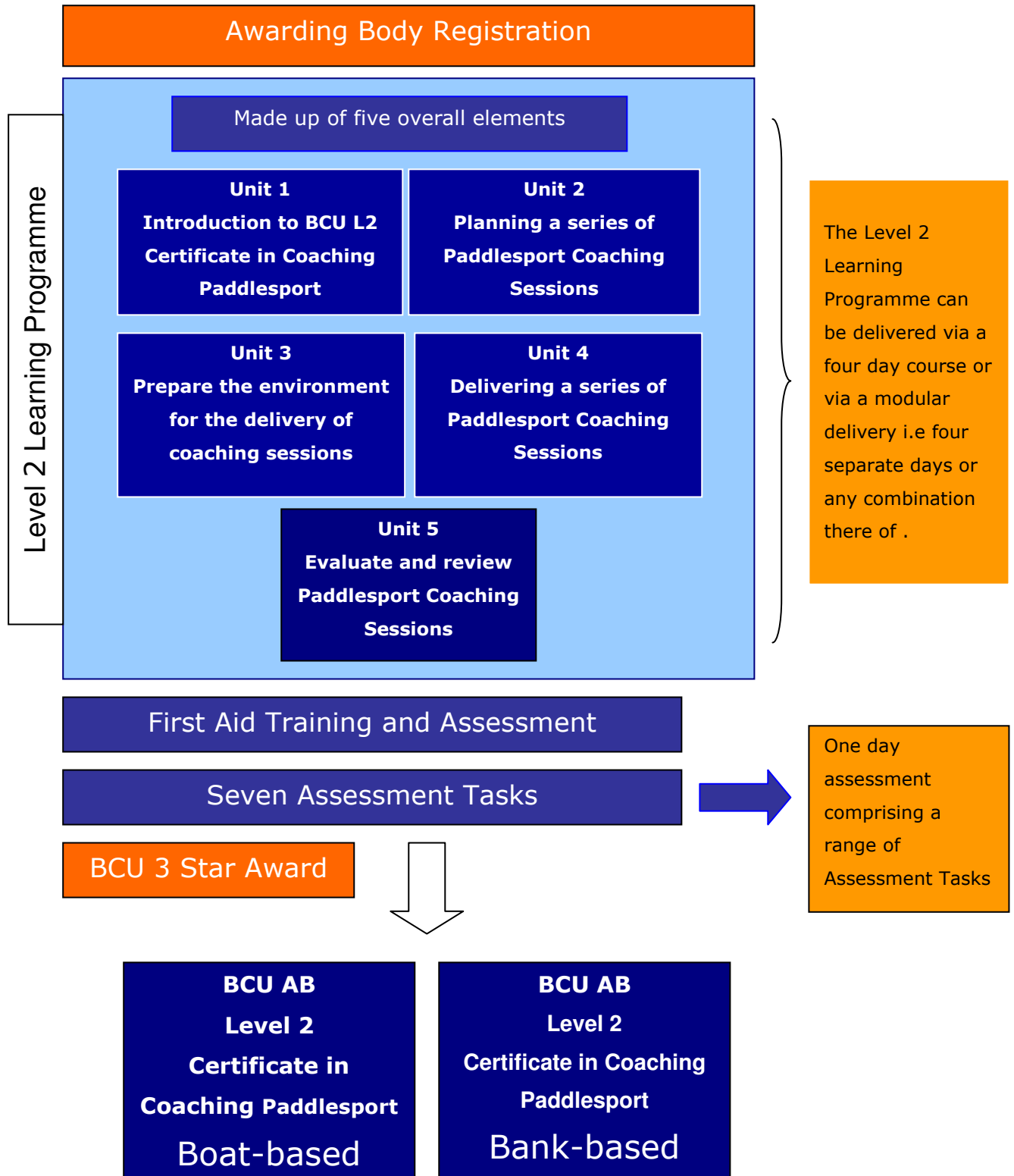
- A Level 2 Coach is trained and assessed to plan, deliver and review a series of four coaching sessions, for paddlers who fall into the LTPD Paddlesport Start and/or Development stage
- The BCU (UKCC) Level 2 Coach can operate in a sheltered water environment with any canoe sport craft with a ratio of 1:8 (see BCU definitions)
- The BCU (UKCC) Level 2 Coach can train and assess paddlers for the BCU 1 and 2 Star, Paddle Power 1 and 2 and X-stream challenge.

United Kingdom Coaching Certificate (UKCC)

The content of this award has been written in conjunction with the UKCC requirements in order that all Coaches who successfully complete the BCU Level 2 Certificate in Coaching Paddlesport will be recognised by the UKCC framework. The proposed learning outcomes, content and assessment criteria for the BCU award have been mapped against the UKCC requirements to ensure parity.



Level 2 Certificate in Coaching Paddlesport - Content Model



2. Level 2 Training Course

Aim

The aim of the BCU (UKCC) Level 2 Training Programme is to provide you with the tools to plan and deliver a series of progressive Paddlesport coaching sessions.

Learning Outcomes

On successful completion of the BCU (UKCC) Level 2 Award you should be able to:

- ⊙ Understand the role and responsibilities of a BCU (UKCC) Level 2 Paddle sport Coach
- ⊙ Safely deliver a series of pre-planned Paddlesport activities to a variety of different participants
- ⊙ Develop participants Paddlesport performance
- ⊙ Evaluate participants performance
- ⊙ Review own coaching sessions

Paddling/Non-Paddling Coaches

If you are an accomplished paddler with a minimum 3 Star competence. (applicants for Level 2 Training must have a 3 Star Award prior to registration) you can qualify as a Boat-based Coach, allowing you to coach on the water. Non-paddling Coaches can work from the bank and are certified as Bank-based Coaches. The remit statement above does not differ between the two.

Time to Complete

The training course is run over 30 hours. These can be offered over 4 consecutive days or split over evenings or weekends. A modular course run over a series of weeks allows you time to consolidate your learning and gives you time to gain experience and knowledge, whilst an intensive (4 day) course is better suited to candidates with some experience of the technical aspects of Paddlesport. The provider of the course will make sure you are aware of the format and let you know if any prior experience is required.

Between training and assessment you will need to plan, deliver and review a number of coaching sessions, which you will need to log. You will also need to complete a number of home study exercises and an additional Continued Personal Development (CPD) unit.

The assessment takes place over one day when you will be observed undertake a number of tasks including two coaching sessions.

Once registered Level 2 candidates have 12 months (extendable on application) to complete the training and assessment elements of the BCU Level 2 Certificate in Coaching Paddlesports.

Eligibility

Anyone who is at least 17 years old and has already achieved BCU (UKCC) Level * can register for the BCU (UKCC) Level 2 Coach Award. It doesn't matter if you can paddle or not, there are Bank



and Boat based options at this level. The most important thing is that you have an interest in coaching Paddlesport!

Your Training Director

The Training Director is the person responsible for running your Level 2 Coach Training Course; they will introduce themselves at the start of your course and help you through the learning experience!

3. Level 2 Certificate Prerequisites

For Training

- Coach Level 1 Training
- 2 Star multi discipline (Boat-based Coach)
 - A BCU 3 Star Certificate in either single blade discipline or double blade discipline (Boat-based Coach)
- 17 years of age

For Assessment

- A 1 day first aid certificate recognised by the BCU
 - A BCU 3 Star Certificate's in your primary discipline and competences to 3 star in your alternative discipline.(single blade & double bladed discipline) (Boat based coach)
- 18 years of age
- Completed Level 2 Training
- Completed 20 logged hours of relevant coaching experience
 - Complete a Criminal Records Disclosure (see below)
 - Attend a Sports Coach UK Safeguarding (or equivalent Child Protection training) (see below).
- Completed assessment tasks in candidate assessment pack
- Completion of one CPD units of your choice (see below)

Child Protection

CRB Disclosure - Please note that you may be required to complete an enhanced CRB or equivalent disclosure before assessment / qualification. This is because the role for which you will qualify may involve working with children and vulnerable adults. The need to complete a disclosure or the type of disclosure may vary between Home Nation Delivery Centres. You should therefore check the requirement with your Home Nation Delivery Centre Child Protection Officer. If you are a 'volunteer' coach there is no charge for this, however, for non volunteers the CRB does make a

charge for disclosure. For more information, please see the BCU's Child Protection and CRB policy information. This can be found at www.bcu.org.uk, or on your own home nation website.

Alternatively you can request a copy by email stating your name and membership no.



Safeguarding -The BCU is firmly and enthusiastically committed to ensuring that Paddlesport provides a safe, friendly and enjoyable experience for all children via their **Paddlesafe** Programme – see bcu.org.uk/childprotection.

Paddlesafe is based upon the concept of providing an enjoyable Paddlesport environment that is tailored to the needs and requirements of children. **Paddlesafe** is not just to protect children, it is to introduce good practice, raise awareness and provide piece of mind.

As part of their commitment to **Paddlesafe** the BCU requires Level 2 coaches to have attended recognised safeguarding training. For coaches working with children they are required to have attended a Sports Coach UK Safeguarding course (or recognised equivalent) prior to assessment. Trainee Coaches or qualifying coaches who do not fall into the above category may complete the BCU's home Study / web based module (available autumn 2008).

Further details and clarification of the above is available on the BCU's website www.bcu.org.uk/childprotection and or contact your Home Nation Child Protection Officer for more information.

BCU 3-Star

If you are applying for the Boat-based option, you will be required to hold a BCU 3 Star Award in one single or double bladed disciplines and have 3 Star level competence in an additional discipline.

*Candidates with 'old style' BCU Level 2 or Trainee L2 can also register for BCU (UKCC) Level 2 Certificate in Paddlesport Coaching. Also candidates with appropriate prior experience may wish to apply for Accredited Prior Learning.

4. The Requirements for BCU (UKCC) Level 2 Certification:

BCU Foundation Safety and Rescue Training

The BCU Foundation Safety and Rescue training is an 8-hour course that covers the basics of safety and life sustaining skills required by anybody operating in a paddlesport environment. Both bank and Boat-based coaches will need to complete this course. Candidates who can provide evidence of other appropriate awards* are able to have these elements credited via Accredited Prior Learning (APL).

(* *BCU Canoe Safety Test*)



BCU UKCC Level 2 Coach Training

This course covers:

- ⊙ An introduction to Level 2 Paddlesport Coaching
- ⊙ An introduction to safe and ethical coaching
- ⊙ Designing and delivering Paddlesport coaching sessions
- ⊙ Evaluating and reviewing Paddlesport coaching sessions
- ⊙ Time to practise coaching
- ⊙ Governing Body Registration
- ⊙ Assessment Action Plans

Assessment Tasks Completed successfully

Assessments are required to ensure that effective learning of the course content has been achieved. Section 2 of the Candidate Pack details each task. Section 3 of the Candidate Pack is used prior to and during your assessment to record assessment outcomes.

The following 7 assessment tasks must be successfully completed:

- | | | |
|---------------------|------------------------------|--------------------------|
| ⊙ Assessment Task 1 | Workbook Evaluation | (Internal Assessment) |
| ⊙ Assessment Task 2 | Coaching Practice | (Independent Assessment) |
| ⊙ Assessment Task 3 | Rescue Skills | (Internal Assessment) |
| ⊙ Assessment Task 4 | Technical Understanding | (Internal Assessment) |
| ⊙ Assessment Task 5 | Oral Questioning | (Internal Assessment) |
| ⊙ Assessment Task 6 | Question Paper | (External Assessment) |
| ⊙ Assessment Task 7 | Personal skills (Boat based) | (Internal Assessment) |

The following will also be required.

- ⊙ A Valid BCU Criminal Record Check (essential) – this must be done through the BCU and is valid for 3 years. These can take up to three months to process, so you are advised to apply as soon as you know you need it! **(Coaches living in Scotland or Northern Ireland should contact the SCA/CANI Child Protection Officer to verify / undertake the relevant checks in their home country.)**
- ⊙ Hold a Current First Aid Award – minimum 1 Day course as approved by BCU

Your Level 2 Training Director will provide guidance regarding the assessment process. They will provide advice regarding the completion of each task, the different types of assessment, the programme of assessment and the assessment criteria for each unit/assessment.

During the learning programme your Training Director will provide opportunities for assessment. In some cases you will be allowed multiple opportunities to achieve successful completion of the task, in other instances you will be given one opportunity only.



Level 2 CPD Optional Units:

As a prerequisite to your Level 2 Assessment you will need to complete at least one optional units from the list below.

Additional Discipline Knowledge

Slalom
Racing
Polo
WW Racing
Surf
Freestyle

Additional Foundation Knowledge

Fitness for Paddlesport
Coaching the Mind
Planning Skills for Paddlers
Outdoor Education and Paddlesports
Inclusive paddling
Coaching Young Paddlers
Mentoring Skills for Paddlesport Coaches

After your assessment you will be required to evidence CPD every three years, you can complete additional units to those done as part of your Level 2 Assessment to evidence this. The additional discipline knowledge units will allow you to extend your Level 2 Coaching role into alternative disciplines.

Incomplete Assessment Tasks:

If at the end of your assessment you have not completed certain elements required for certification you are able to resit these components. In such an instance a candidate's registration period is extended by an additional 6 months, allowing further time to complete. Your initial Training Director or other Level 2 Training Directors may provide these reassessment opportunities. You should be aware that the Training Director is likely to charge an additional fee for conducting reassessments.

If you are likely to find these assessment methods difficult you must discuss any concerns with your Training Director. They will help ensure you are assessed in a suitable manner in line with the *Guidance on Reasonable Adjustments to the Assessment Process* in Appendix 3 (your Training Director will be familiar with these guidance notes and can help you understand them if required).

5. Certification

When you have completed all of the assessment elements, you will receive your BCU UKCC Level 2 Certificate in Coaching Paddlesport from the BCU Awarding Body.

Appeals

If you think the assessment decision was incorrect you have the right to appeal via your Home Nation Association. (a fee may be charged for a formal appeal; it will be refunded if your appeal is successful). If your appeal cannot be resolved within your Home Nation Association, the BCU Awarding Body will set up an appeals subcommittee to investigate your appeal initially through reviewing records and discussion with you and with your assessors. You should address queries , or



register your intention to appeal, with your Home Nation Association, within 30 days of receiving the assessment decision. Extensions to this period will only be made for exceptional reasons, for instance if you are outside the UK or your Home Nation Association has not followed your instructions regarding where to contact you. The appeals procedure is detailed in full in Appendix 5.

Complaints

In the unlikely event that you have a complaint about the way your Training Director or Tutors treated you, or the way your course was conducted please direct these to your Home Nation Association.

Equal Opportunities

BCU Awarding is committed to ensuring access to, and fairness in, assessment for all candidates regardless of their race, ethnic or national origin, gender, sexual orientation, disability, age, marital status, social class, political or religious beliefs and affiliations or other personal or professional characteristics which are acknowledged to have no bearing on assessment, whilst also safeguarding the integrity of its qualifications. The "Equal Opportunities Policy in relation to Access to, and Fairness in, Assessment" is available via www.bcu.org.uk/bcuawarding

6. When you're qualified.....

Get out there and use your new skills! BCU Level 2 Certificate in Coaching Paddlesport enables you to coach in appropriate paid or voluntary roles. We encourage you to look to develop your learning and knowledge of the sport by working with more experienced Coaches and through additional coach education. CPD opportunities are available through the BCU programme, or you can access alternative coaching related courses. When you have gained some experience you may choose to work through the BCU UKCC Level 3 programme. Or, if you hold the Bank-based award you may wish to switch to a Boat-based Award.

In addition to CPD optional units can provide a specific focus to the qualification when required. You can also extend your discipline remit by completing an additional discipline specific knowledge unit, allowing you to work as a Level 2 Coach in other disciplines.
(See CPD optional unit's page 13)

How do I switch from BCU UKCC Level 2 Certificate in Coaching Paddlesport Bank-based to Boat-based?

If as a BCU UKCC Level 2 Bank-based Coach, you would like to qualify as a Boat-based Level 2 Coach you will need submit a CR registration form to your Home Nation / Delivery centre with evidence of your BCU 3-Star. You would then need to arrange with a registered Assessment Director to complete Assessment task 3 (Coaching) boat based, Assessment Task 7 (personal skills) and Assessment Task 4 (rescues) boat based.



On successful completion of the required assessment task the Assessment Director will record the outcome in your original Assessment portfolio sending a copy of the portfolio and a course schedule to their Home Nation Delivery Centre.

Providing your Bank-based Level 2 certificate is valid you will be issued with a Boat-based Certificate. A fee will be charged for this. (There is no benefit in switching from a Boat- to Bank-based Award, as the Boat-based remit also covers coaches to work from the shore).

7. Keeping your Qualification Valid

Continued Personal Development / Coach Licence

With sport and sports coaching receiving an increasingly public profile with moral, ethical, and social commitments, it is important that we can account for and verify the status of all Coaches within the scheme. The BCU offer a Coach Licensing scheme through the Home Nation Associations to provide assurance to the people you coach and your deployer that you are 'qualified' to coach. It also offers you third party liability insurance whilst coaching (further details of this cover are available through your Home Nation Association). In order to keep your Coach Licence valid you will need to maintain Full Home Nation Association Membership and keep your knowledge and technical skills up to date via a required BCU Pathway. The Home Nation Associations actively provide update opportunities for personal development and encourages all coaches to keep up to date with developments in our sport and indeed in general sports coaching.



Keeping you Coach Licence valid is entirely your responsibility, but your Home Nation Association does provide you with a number of easy ways to update.

In order to update you will need to provide your Home Nation Governing Body with evidence that you have fulfilled the following requirements:

- ⊙ Actively been coaching
- ⊙ Attended relevant CPD in water safety, coaching/assessing and Health & Safety Executive and Legislative Guidelines
- ⊙ Hold a current first aid award
- ⊙ Have completed National Governing Body (NGB) / Home Nation Disclosure requirements



This can be achieved by attending an Update Forum organised through your Region, or through Self Declaration. More details are available through your Home Nation Governing Body and www.bcu.org.uk



We hope that before your three-year update date comes around that you will have chosen to further your coaching skills by progressing onto BCU UKCC Level 2 Training, this automatically moves your update date, three years on!

8. Delivery and Quality Assurance

All Level 2 Coaching Paddlesport Courses are delivered via a 'Paddlesport Coaching Delivery Centre', which is externally verified by BCU Awarding. Each of the following Home Nation Associations are all Paddlesport Coaching Delivery Centres:

- Welsh Canoeing Association (WCA)
- Scottish Canoe Association (SCA)
- Canoe Association of Northern Ireland (CANI)
- Canoe England (CE)

The Delivery Centres each operate a process of internal verification to ensure that appropriate standards are maintained and that consistency is achieved both in terms of delivery and outcome.

9. What do I do next ?

If you have yet to find a course and book a place then this is the next step!!

Once booked you should complete the Pre-course benchmarking task found on pages 22 - 23 of this guide and take it with you to your training course.



10. Contact Details

Further course details and registration information is available direct from the BCU Awarding Delivery Centres:

Canoe England

18 Market Place
Bingham
Nottingham NG13 8AP
Tel: 0845 370 9500
Fax: 0845 370 9501
Email: coaching@bcu.org.uk
Website: www.canoe-england.org.uk

Welsh Canoeing Association

Canolfan Tryweryn
Frongoch
Bala
Gwynedd LL23 7NU
Tel: 01678 521083
Fax: 01678 521158
Email: welsh.canoeing@virgin.net
Website: www.welsh-canoeing.org.uk

British Canoe Union Awarding Body

18 Market Place
Bingham
Nottingham NG13 8AP
Tel: 0845 370 9500
Fax: 0845 370 9501
Email: info@bcu.org.uk
Website: www.bcu.org.uk

Canoe Scotland

Caledonia House
1 Redheughs Rigg
South Gyle
Edinburgh EH12 9DQ
Tel: 0131 317 7314
Fax: 0131 317 7319
Email: general.office@canoescotland.com
Website: www.canoescotland.com

Canoe Association of Northern Ireland

Unit 2 Rivers Edge
13-15 Ravenhill Road
Belfast BT6 8DN
Tel: 0870 240 5065
Email: office@cani.org.uk
Website: www.cani.org.uk



11. Recommended Reading

The following reading list is appropriate for all candidates progressing through the BCU Level 2 award.

BCU Level 2 Support book

Ed, British Canoe Union, 2007

Circulated to registered Candidates

BCU Canoe and Kayak Handbook

Ed, Franco Ferrero, 2002

ISBN 0953195651

Available from BCU Supplies

Canoe and Kayak Games

By, Dave Ruse and Loel Collins

ISBN: 0955061407

Available from BCU Supplies

Sports Coach UK Coaching for Beginners Series

- **How to Coach Disabled People in Sport** (ISBN: 1-902523-54-7)
- **How to Coach Children in Sport** (ISBN: 1-902523-53-9)
- **How the Body Works in Sport** (ISBN: 1-902523-55-5)

Available from Coachwise

12. Further Reading

You may wish to delve deeper into topics where you have a specific interest. Many of these recommendations go well beyond the knowledge expected of a BCU Level 2 Coach

BCU Coaching Handbook

Ed, Franco Ferrero, 2006

ISBN 0-9547061-6-1

Available from BCU Supplies

The Curriculum at Key Stage 2 and Paddlesport

Available from BCU Supplies

The Successful Coach: Guidelines for Coaching Practice

By Sports Coach UK, 2003

ISBN: 0-947850-16-3 Available from Coachwise



Coaching Practice

By Andy Miles, 2004

Available from Coachwise

Coaching for Long-term Athlete Development

By Ian Stafford with Dr Istvan Balyi, 2004

Available from Coachwise

Equity in your Coaching

By Annie Kerr, 2005

Available from Coachwise

RYA Safety Boat Handbook

By Laurence West and Graeme Forshaw, 2007

(Includes guidance for using a rib as a safety boat)

Slalom Technique, Slalom Technique Library DVD

Slalom Technique, Slalom Technique Library Website

www.slalomtechnique.co.uk

The Art of Freestyle

By Eric Brymer, Tom Hughes & Loel Collins

The Playboater's Handbook 2

By Ken Whiting

White Water Kayaking

Ollie Grau, 2004

Playboating (DVD)

By Ken Whiting

EJ's Playboating Basic (DVD)

Eric Jackson & Chris Emerick

Canoe Polo - Basic Skills and Tactics

By Ian Beasley, 2005. Available from www.sternturn.com.au



13. Resources

BCU Supplies

0845 370 9500

www.bcushop.org.uk

Coachwise

0113 201 5555

www.1st4sport.com

14. Note for Coach Mentor's

Between your training programme and your assessment you are encouraged to find a coach to mentor you, someone who is a Level 3 Coach or above with appropriate experience in Canoe and or Kayak who can observe your sessions and support you with your development.

A Coach mentor can help support you by:

- Observing you delivering sessions.
- Providing advice and supporting you with your session delivery and personal development plan.

A Coach Mentor may also be able to point you in the right direction for your research questions and advise you when planning your sessions.

A Coach Mentor may also assist you in Assessment Task 2

- Observing you delivering at least two of your delivered sessions.

And in Assessment Task 4

- Sign you off for Assessment Task 4 Technical Understanding.

We may need to know details of your Coach Mentor as he/she will be signing off elements of your Level 2 Award.

Coach Mentor Name: _____

BCU Number: _____

BCU Qualifications: _____



15a. Pre Course Benchmarking Task

Once completed you will need to bring this with you to your Level 2 Training Course as it will help your tutors identify your specific training needs to be developed during the course.

Session no & content of session		Skills Checklist		
		Good in this area	Competent	Needs development
1	Role of the BCU Level 2 Coach Long term Paddler Development philosophy			
2	Responsibility & risk management Risk assessment Moving & handling			
3	Fundamental paddlesport skills Discovery learning Stroke analysis Feedback techniques			
4	Ideas TTPP – tactical, technical, physical, psychological Demos & communication techniques			
5	Session management Group leadership Group management Providing active involvement			
6	Reflective practice Analysis of own practice			
7	Teaching & learning styles: VAK, Pragmatist, Theorist, Reflector, Activist. Use of IDEAS			
8	X stream tools Sequential learning Practice style – blocked, bi-lateral, varied			
9	Session planning Plan-do-review cycle			



Session no & content of session		Skills Checklist		
		Good in this area	Competent	Needs development
10	Coaching delivery			
11	Long term Paddler Development Paddlepower scheme Identifying individual needs			
12	Equity & ethical standards			
13	Recording progress Understanding progressive sessions Stroke families – linking Periodisation			
14	Versatility of tandem Comfort zones Psychological implications			
15	Coaching a 2 star session			
16	Wet games Balance & trim Rescue skills			
17	Goal setting			

15b. Long Term Paddler development (LTPD)

Either:

- Complete **LTPD Web module** which can be found at www.bcu.org
- Complete **LTPD Download Task** which can be found In the down load section of the BCU Coaching Portal

Note: This must be completed prior to attending your level 2 Training course.

